

EFFECT OF *JALOUKAVACHARANA* (LEECH THERAPY) IN THE MANAGEMENT OF *MUKHADUSHIKA* (ACNE): A CASE STUDY

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ABSTRACT:

Jaloukavacharana is the method of removing impure blood from the body. It is considered as the most easy and convenient method of bloodletting therapy which is one among the *Panchakarma* (fivepurificatory) Procedure. *Mukhadushika* (Acne) is a most common skin disease in adolescent. Current varies treatment procedures which include oral antibiotic, Topical applications; Surgery, Laser therapy etc. are associated with many side effect, scar & irritation of the skin & recurrence. But *Raktamokshana* is the most important treatment of the *Pitta Dosha*. *Raktamokshana* by *Jalouka* can provide a simple, painless, OPD basis & economic treatment. A 20 yrs old female patient came in our OPD with complaints of pimple on both cheeks with itching with *Srava* since 3 yrs. For that *jalouskavacharana* was planned and result was significant, assessments were observed clinically & recorded.

Key Words : *Mukhdushika*, Acne, *Jaloukavacharana*

INTRODUCTION:

Mukhadushika a TwakRoga , is one among the *KshudraRoga* , having the features of *Ruja*(pain),*Ghana* (hard), *Pidaka*(boil),*Daaha* (Itching)at pimple region.¹ Face is the most important and beautiful organ of the body and is affected by certain anomaly at the any age of the life. Acne commonly occurs in adolescence and affects an estimated 80 – 90 % of teenagers in the western world. Today's lifestyle, irregular diet and pollution, stress is directly affecting the skin causing many skin diseases and most common in them is *Mukhadushika*. *Raktamokshana* is one of the *Panchakarma* explained by *sushruta*.²*Mukhadushika* is explained by *SushrutaSamhita* under *Kshudra Rogas*.³It correlate to acne vulgaris explained in modern science. According to modern medical science, as it decreases the complexion and smoothness of the skin. So this vyadhi is known as *Mukhadushika*.*Jalaukavacharana* is one of the most effective therapy bloodletting therapies in Ayurveda. The process of bloodletting in which leeches are been used is known as *jalouskavacharana*. *Mukhadushika* conforms to the current clinical condition acne vulgaris; a disease of sebaceous glands manifesting generally in adolescence with pleomorphic lesions like comedoes, papules, pustules, nodules etc.

Aims and objectives

Aims:-

To study efficacy of *Jalaukavacharana* in *Mukhadushika*

Objectives:-

1. To study concept of *Mukhadushika*
2. To study concept of Acne Vulgaris
3. To study effect of *Jalaukavcharan in Mukhadushika*

CASE HISTORY:

A 20 yrs old female patient was came in our OPD with complaints of *Daaha* with *Ruja* with boil *Srava* on over *Pidaka* since 3 yrs.

NIDANPANCHAK:

1. HETU:

Stress, *AathyakarAhara* , *Vihara*

2. PURVAROOP: *daaha, Alparuja*

3. RUPA: *Daaha, Boils, Srava, Ruja* ,

4. UPASHAYA: *SheetaSparsh*

CHIKITSA: *Jaloukavacharana* was done on Day1, Day3, Day5 & *kumari gar* with *Haridrachoorna* for local application at pimple for pigmented scar. Before & after treatment assessment was recorded. Follow up period on 10th, 15th, 21th, 30th day.

MATERIAL AND METHODS

- A 20 years old female came with complaints of *Daha* , *Pidika*, *Kandu*
- History of present illness
A patient was a symptomatic 3 years back, since then she has suffering from multiple pimples with pain, discharge
- *SamanyaParikshan*
- *Nadi:-78/min*
- *Mala:- Asamnyapravritti*
- *Sparsha:-Anushana*
- *Shabda:- Prakruta*
- *Mutra:-Prakruta*
- *Druka:- Prakruta*
- *Jivha :- Sama*
- *Akruti :-Madhyam*

Treatment plan:-

Jalaukavacharan in ayurvedicSamhita , treatment for *mukhadushika* mainly contain *Shodhana* and *shaman Chikitsa*. *Jalaukavcharan* is one of *ShodhanaChikitsa*^[3]pt. having *Pitta PradhanaVataPrakriti* along with *pitta Dushtisymptoms* like *Daha* was seen, hence setting of *Jalaukavcharan* in difference 5 days was done.

Table 1.1:

Assessment Criteria	Therapeutic period						
	In- course period			Follow-up period			
	Day 1	Day3	Day5	Day 10	Day15	Day21	Day30
No. of pimple	20/20	18/20	16/20	10/20	7/20	5/20	2/20
Ruja	+++	++	++	+	-	-	-
Daaha	+++	++	++	+	+	-	-

Discussion : Factors responsible for acne are

- *Dosha-Vata,kapha ,bhrajak pitta*
- *Dhatu-Rakta*

These entire factors are of same characteristics, so they have common line of treatment like *Raktamokshana, virechana*. Assessments were observed clinically & recorded with during the therapeutic period & follow-up period. Indication of *RatkaVisraavana* have been explained for providing reduction in pain,boil,*daaha*.⁵four therapy of *Jaloukavacharana* were done(on Day1,Day3,Day5 Here *Jalouka* sucks the, vitiated blood ,does the *sthanikasnehan* in all leech increase the blood flow of the affected site, help in inflammation , in *Mukhadushika*, mainly pitta & *RaktaDosha* are vitiated with *VataDosha* , *Jalaukavacharana* help in removal of pitta & *Raktadosha* obstruction caused by *Vata&KaphaDosha* due to which pure blood circulation over affected side is occurring.

Conclusion : In this study maximum patients ware in between the age group of 16 to 24 yrs old Gender: in this study female patients were more (70%) than male patients. Role of *jalaaukavacharana* in acne is clinically established. All the parameters like number of *Pidika*, pain, *Daaha*,shows statistically significant result. On the basis of clinical study.

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